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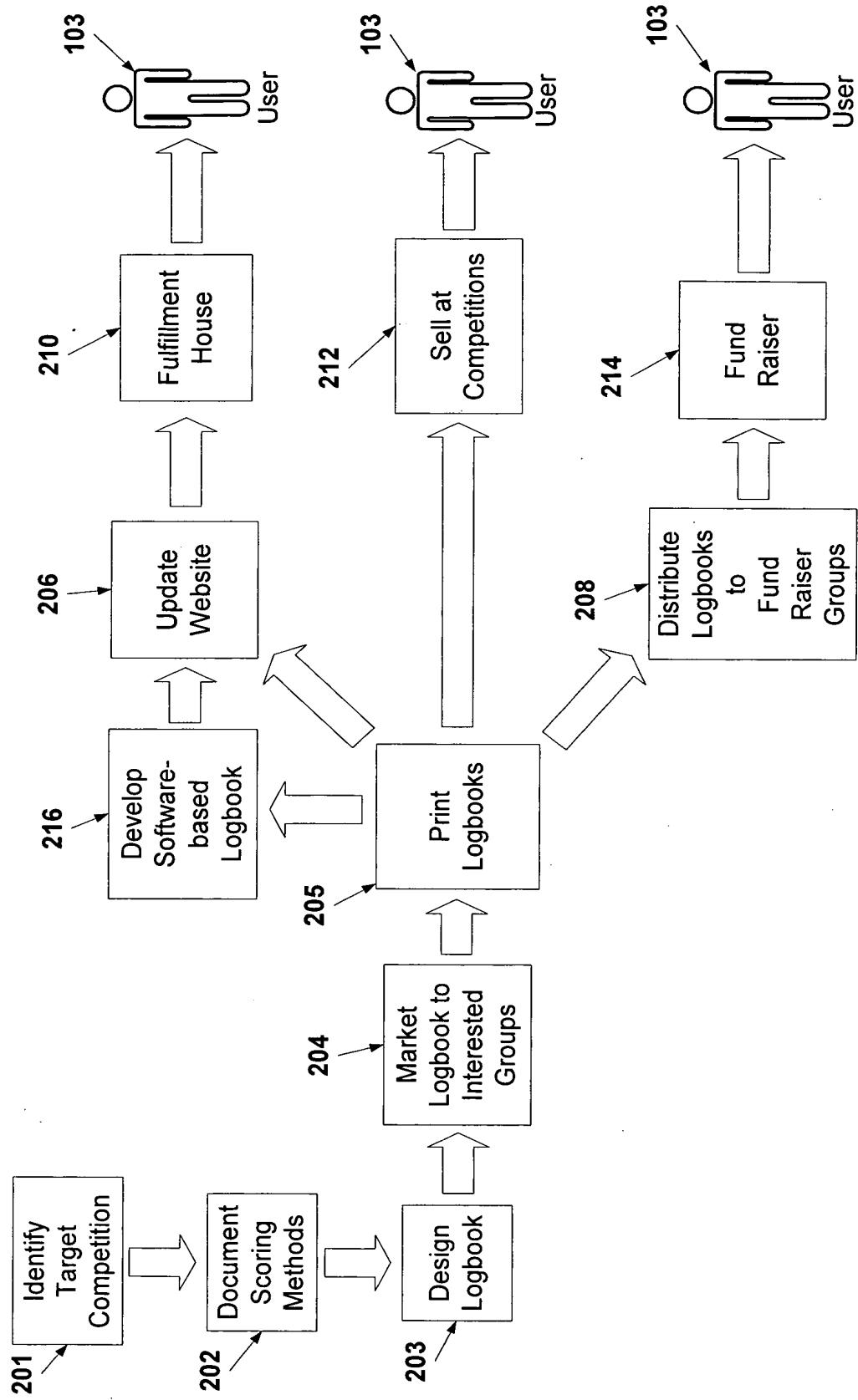


FIG. 2

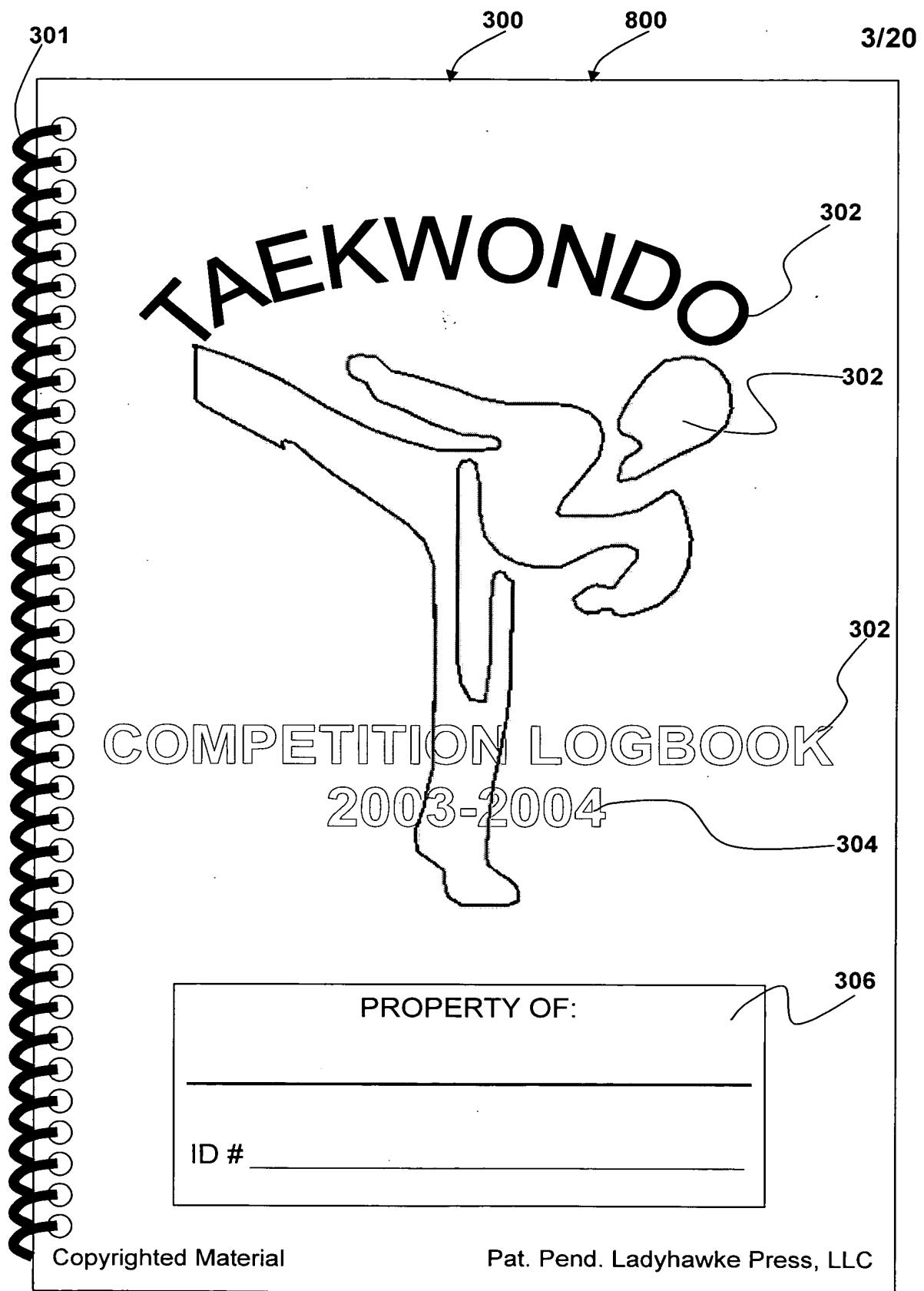


FIG. 3

Introduction

Taekwondo is a sport for self-defense that originated in Korea. It is a combination of various independent techniques or fundamentals, which can be applied in an almost infinite number of variations. Taekwondo differs from most other martial arts in that many of its blows are made with the feet instead of the hands. This sport is known for its flying kicks; it is fun and exciting to either watch or participate in this style of martial arts.

Taekwondo was accepted as an official sport by the U.S. Amateur Athletic Union (AAU) in 1975, and adopted as an official sports event by the International Council of Military Sports (CISM) the following year. With the continued help and support from many different individuals in various Taekwondo associations over the years, Taekwondo was designated as an official event in the World Games in 1981 and the Pan-American Games in 1986. It was finally selected as an official Olympic event for the first time during the 2000 Olympiad held in Sydney, Australia. Taekwondo will also be one of the official events in the 2004 Olympic games held in Athens, Greece.

Personal Goals

With the many different styles of Taekwondo that are practiced, and the many different accrediting organizations, Taekwondo offers something for everyone. Some organizations focus on those who have dreams of obtaining a berth on an Olympic team, others hold open tournaments where every affiliation is welcome, still others give their members a chance to win a State or World Champion title within that association by accumulating points earned in tournament competition. But regardless of the competitor's association affiliation, common tenets of respect, honor, loyalty, courtesy, discipline, and perseverance are found at the basis of this sport.

FIG. 4

Competition

Nowhere is this more evident than during the tournament process where the graciousness of a good loser, as well as that of a good winner, is displayed over and over again. Depending on the type of competition, a competitor can accumulate points based on his/her kicks and stances, hand techniques, accuracy of strikes, and overall presentation. In a sparring competition, competitors strike opponents above the waist, with points scored for clean hits. Each association will set up their tournaments and scoring in accordance with their own tournament rules. For specific information, a competitor should always contact and rely on their own affiliated association.

Competition Logbook

The purpose of this competition logbook is to help an individual competitor record and track their successes and achievements as they participate in their affiliated association's different tournaments throughout the season, as well as to create a permanent reference and keepsake. Different points are usually awarded to competitors placing 1st, 2nd, and 3rd in their group; normally based on the class/size of tournament and the number of competitors within their ring. The charts included in this logbook can be filled in with the appropriate association's way of awarding points, and can provide a handy reference if the competitor so chooses. Usually, the points awarded for 1st, 2nd, and 3rd place are consistent for both color belts and black belts; and for all the different competition areas of forms, weapons, and sparring. Each individual's own association can change their structure at any time, and will be the ultimate authority on any points that they may award.

Association World Champion Title

312

Most associations feel that only competitors in black belt divisions should be able to earn points toward a World Champion title. One way of deciding the World Champion title is to give the ten top competitors with the most points in each area of competition (forms, weapons, or sparring) within the same division the opportunity to compete head to head against each other at the end of the tournament season. Another method that is used is that of elimination as a competitor advances through different local, state, regional, and national tournaments. Whichever method a competitor's association uses, tournaments are usually classified with letters such as C, B, A, AA, and AAA; progressing from the smallest at a local level (C) to the largest at a world or international level (AAA).

Tournament Season

312

Some associations have a tournament season that corresponds to a calendar year; others run their season from June of one year through April 30th of the next year. In either case, the season will usually start and end at that association's World Championships. Only tournaments that have been sanctioned by the competitor's affiliated association will qualify to have points awarded to the competitor. In addition, all associations require their competitors to be members in good standing of that association in order to earn points. This logbook is designed for your use as an individual competitor. It should not be considered an official record, which will be kept by your affiliated organization.

Helpful Hints

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Take five minutes and fill in the blanks of the following tournament charts based on your affiliated organization's point structure. There is even a blank chart available if your organization uses other than letter designations. You are now ready to start tracking your achievements. Good luck and have fun!

CLASS TOURNAMENT

400

# Of Competitors	1st Place	2nd Place	3rd Place
5 or more			
4			
3			
2			N/A
1		N/A	N/A

CLASS C TOURNAMENT

400

# Of Competitors	1st Place	2nd Place	3rd Place
5 or more	3	2	1
4	2	1	0
3	0	0	0
2	0	0	N/A
1	0	N/A	N/A

FIG. 7

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FIG. 8

©2003	
TOURNAMENT NAME	
TOURNAMENT LOCATION	
TOURNAMENT DATE	
TOURNAMENT CLASS	(circle one) C B A AA AAA
CORNER JUDGE A	
CENTER JUDGE	
CORNER JUDGE B	

501

504

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510

512 SPARRING COMPETITION

314

512 If more than 8 competitors, use additional pages.

500 PAGE

502

314 Fill in competitor's names inside boxes, stroke count scoring on lines. Match goes to first to reach 5 points, or leader when time runs out. If there is a tie, then sudden death. Match goes to whoever scores next.

ROUND 1	
RED	514
WHITE	
RED	
WHITE	
RED	
WHITE	
RED	
WHITE	

516

ROUND 2	
RED	514
WHITE	
RED	
WHITE	

314

ROUND 3	
RED	
WHITE	

ROUND 4	
RED	
WHITE	

312

ROUND 5	
RED	
WHITE	514

516

RESULTS	
1st PLACE	520
2nd PLACE	520
3rd PLACE	520

TOTAL COMPETITORS	
COMPETITOR PLACED	522
POINTS AWARDED	526

524

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TOURNAMENT NAME	
TOURNAMENT LOCATION	
TOURNAMENT DATE	
TOURNAMENT CLASS	(circle one) C B A AA AAA
CORNER JUDGE A	
CENTER JUDGE	
CORNER JUDGE B	

SPARRING COMPETITION

If more than 8 competitors, use additional pages.

Fill in competitor's names inside boxes, stroke count scoring on lines. Match goes to first to reach 5 points, or leader when time runs out. If there is a tie, then sudden death. Match goes to whoever scores next.

ROUND 1	
RED	
WHITE	

ROUND 2	
RED	
WHITE	
RED	
WHITE	

ROUND 3	
RED	
WHITE	

ROUND 4	
RED	
WHITE	

ROUND 5	
RED	
WHITE	

RESULTS	
1st PLACE	
2nd PLACE	
3rd PLACE	

TOTAL COMPETITORS	
COMPETITOR PLACED	(circle) 1st 2nd 3rd
POINTS AWARDED	

FIG. 9

600

10/20

COMPETITOR'S PERSONAL LOG

2003-2004 SEASON

Forms 500

FIG. 10



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The employees of Ladyhawke Press would like to offer their support and encouragement to all practitioners and competitors in the Martial Arts. Regardless of each individual's personal style, common tenets of respect, honor, loyalty, courtesy, discipline, and perseverance are found at the basis of all areas of this sport. Nowhere is this more evident than during the tournament process where the graciousness of a good loser, as well as that of a good winner, is displayed over and over again.

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Competition Logbook

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Competition Logbook

The purpose of this Competition Logbook is to help an individual competitor record and track their successes and achievements as they participate in informal competitions or formal tournaments throughout the season, as well as to create a permanent reference and keepsake.

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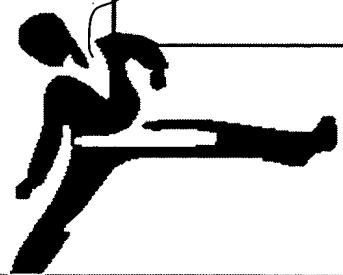


FIG.12

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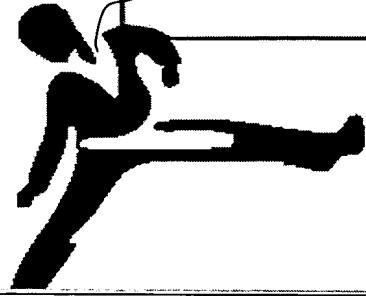
FIG.13

14/20

904

Martial Arts

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Competition Logbook

The Competition Logbook is printed on heavy-weight card stock to stand up to frequent trips in your equipment bag. The cover is treated with a coating for extra protection; it allows you to use an ink pen or a Sharpie® to permanently record your name and association number (for easy reference). The book will lay flat for convenience, but takes up very little space when closed. It's filled with easy to use fill-in-the-blank forms, giving you an annual record of different Forms, Weapons, and Sparring events. Months after any event, you can refer to the Competition Logbook to remember how you did, to easily identify areas that you might want to work on, and to track your progress/improvement over the season. In addition to all those medals, plaques, and trophies, the Competition Logbook will truly become a treasured keepsake.

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Competition Logbook

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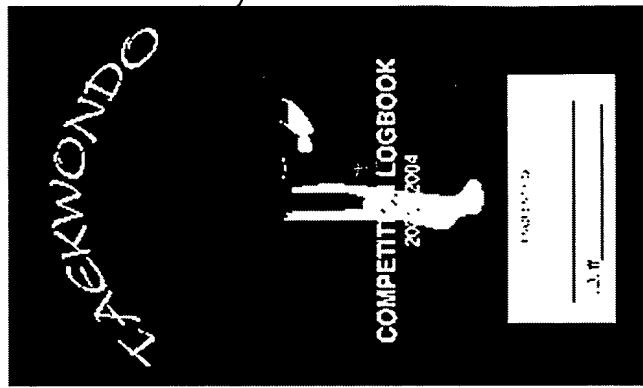
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FIG.14

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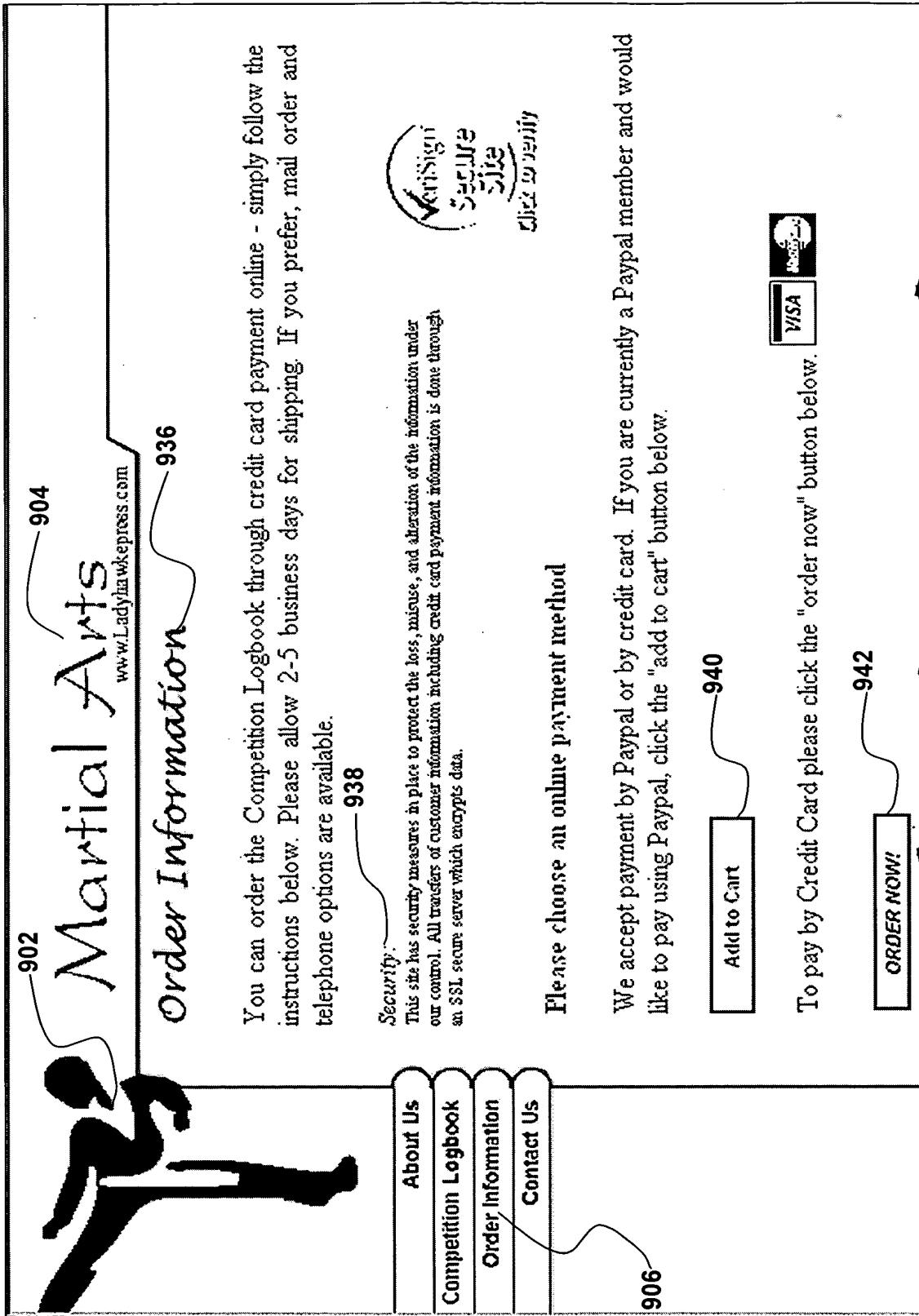


FIG.15 (1 of 2)

944

To order by Mail

Please send check or money order for the price of the Logbook (\$24.95) plus an additional \$4.85 for shipping & handling. Arizona residents please add 8.1% of the cover price for sales tax.

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The image shows a screenshot of a website with the following layout and content:

- Martial Arts** (904): A large header on the left.
- Contact Information** (902): Below the Martial Arts header.
- Ladyhawke Press, LLC** (950): A logo featuring a stylized 'L' and 'P'.
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Annotations with numbers are present:

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- 902: Curved line from the Contact Information text.
- 906: Curved line from the bottom of the Logbook link.
- 908: Curved line from the bottom of the Logbook link.
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- 920: Curved line from the bottom of the All Rights Reserved text.
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FIG.16

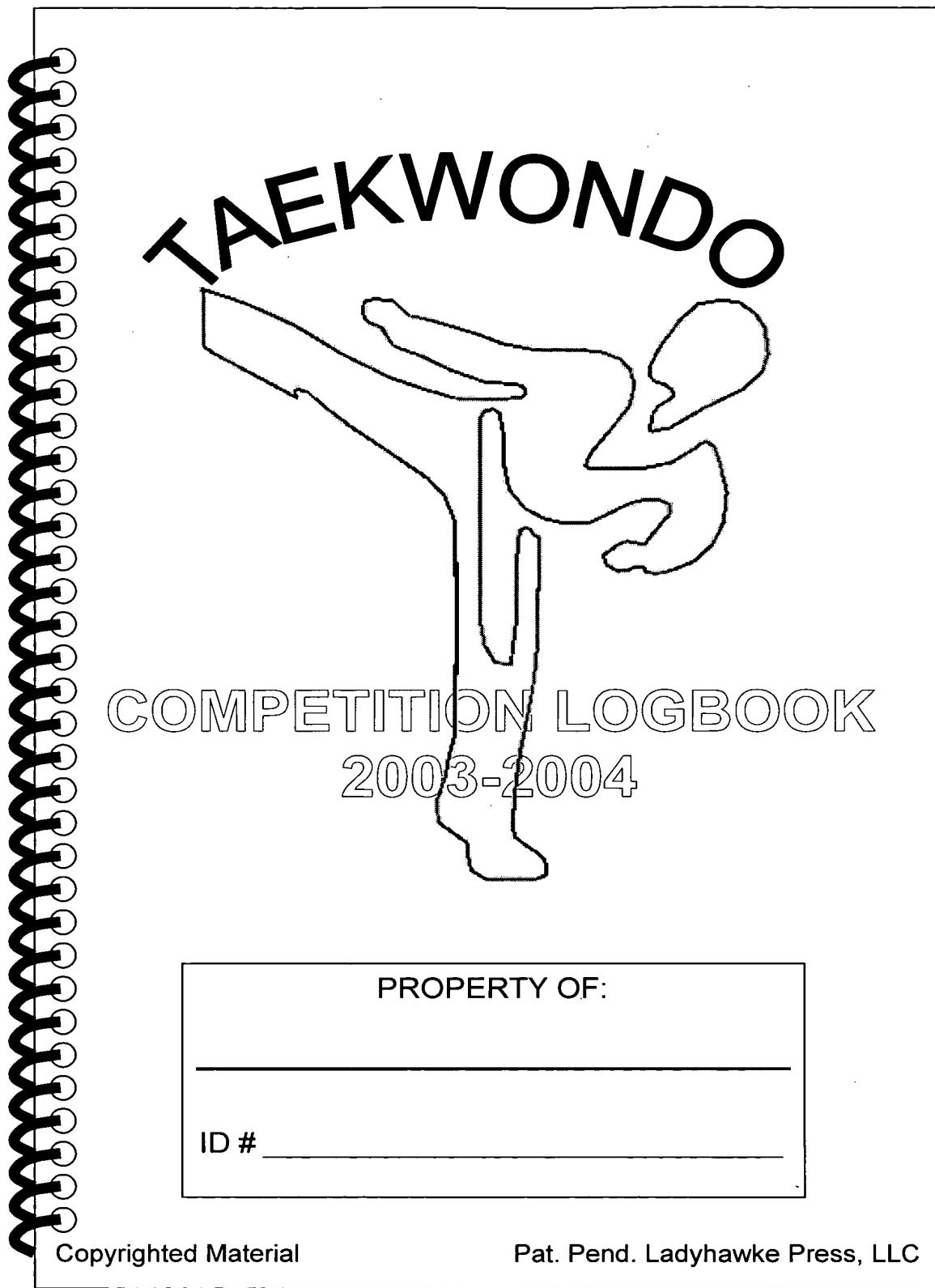


FIG.17

Competition

Nowhere is this more evident than during the tournament process where the graciousness of a good loser, as well as that of a good winner, is displayed over and over again. Depending on the type of competition, a competitor can accumulate points based on his/her kicks and stances, hand techniques, accuracy of strikes, and overall presentation. In a sparring competition, competitors strike opponents above the waist, with points scored for clean hits. Each association will set up their tournaments and scoring in accordance with their own tournament rules. For specific information, a competitor should always contact and rely on their own affiliated association.

Competition Logbook

The purpose of this competition logbook is to help an individual competitor record and track their successes and achievements as they participate in their affiliated association's different tournaments throughout the season, as well as to create a permanent reference and keepsake. Different points are usually awarded to competitors placing 1st, 2nd, and 3rd in their group; normally based on the class/size of tournament and the number of competitors within their ring. The charts included in this logbook can be filled in with the appropriate association's way of awarding points, and can provide a handy reference if the competitor so chooses. Usually, the points awarded for 1st, 2nd, and 3rd place are consistent for both color belts and black belts; and for all the different competition areas of forms, weapons, and sparring. Each individual's own association can change their structure at any time, and will be the ultimate authority on any points that they may award.

Association World Champion Title

Most associations feel that only competitors in black belt divisions should be able to earn points toward a World Champion title. One way of deciding the World Champion title is to give the ten top competitors with the most points in each area of competition (forms, weapons, or sparring) within the same division the opportunity to compete head to head against each other at the end of the tournament season. Another method that is used is that of elimination as a competitor advances through different local, state, regional, and national tournaments. Whichever method a competitor's association uses, tournaments are usually classified with letters such as C, B, A, AA, and AAA; progressing from the smallest at a local level (C) to the largest at a world or international level (AAA).

Tournament Season

Some associations have a tournament season that corresponds to a calendar year; others run their season from June of one year through April 30th of the next year. In either case, the season will usually start and end at that association's World Championships. Only tournaments that have been sanctioned by the competitor's affiliated association will qualify to have points awarded to the competitor. In addition, all associations require their competitors to be members in good standing of that association in order to earn points. This logbook is designed for your use as an individual competitor. It should not be considered an official record, which will be kept by your affiliated organization.

Helpful Hints

Take five minutes and fill in the blanks of the following tournament charts based on your affiliated organization's point structure. There is even a blank chart available if your organization uses other than letter designations. You are now ready to start tracking your achievements. Good luck and have fun!

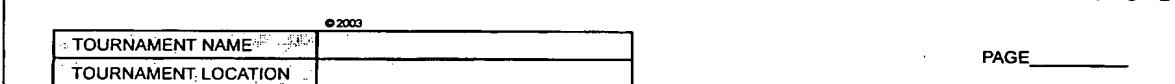
© 2003		PAGE _____			
TOURNAMENT NAME		TOURNAMENT LOCATION			
TOURNAMENT DATE		TOURNAMENT CLASS (circle one) C B A AA AAA			
CORNER JUDGE A		CENTER JUDGE			
CORNER JUDGE B		CORNER JUDGE B			
COMPETITOR'S NAMES		JUDGE A SCORING	CENTER JUDGE SCORING	JUDGE B SCORING	TOTAL SCORE
RESULTS		1st PLACE	2nd PLACE	3rd PLACE	TOTAL COMPETITORS
RESULTS		COMPETITOR PLACED (circle) 1st 2nd 3rd	POINTS AWARDED		PAGE _____
FORMS / WEAPONS COMPETITION					
(circle one)					
If more than 8 competitors, use additional pages.					
					
© 2003		TOURNAMENT NAME		PAGE _____	
TOURNAMENT LOCATION		TOURNAMENT DATE			
TOURNAMENT CLASS (circle one) C B A AA AAA		CORNER JUDGE A			
CENTER JUDGE		CORNER JUDGE B			
COMPETITOR'S NAMES		JUDGE A SCORING	CENTER JUDGE SCORING	JUDGE B SCORING	TOTAL SCORE
RESULTS		1st PLACE	2nd PLACE	3rd PLACE	TOTAL COMPETITORS
RESULTS		COMPETITOR PLACED (circle) 1st 2nd 3rd	POINTS AWARDED		PAGE _____
FORMS / WEAPONS COMPETITION					
(circle one)					
If more than 8 competitors, use additional pages.					
					

FIG. 19